Steps to Help You Quit Smoking

How Other Moms Have Quit





Most Smokers Want to Quit

If you are one of them, this workbook is for you.

You may have good reasons to quit smoking and some concerns. This booklet has many useful suggestions for you.

Why Should I Quit Smoking?

If you quit smoking while you're pregnant:

- Your baby will be healthier and more likely to be born at a healthy weight (5½ pounds or more).
- You will decrease the chance you will miscarry.
- You reduce the risk of health problems in the last three months of pregnancy.
- It **lowers the chance of having a baby born too early** (before 37 weeks).
- It **lowers the risk of SIDS** (Sudden Infant Death Syndrome).

If You Have Tried to Quit Before

You Might Be Wondering Why You Should Try Again

It's hard to quit smoking.

Most ex-smokers try to quit many times before becoming ex-smokers.

Now that you're pregnant, you have another good reason to quit. Each time you try to quit, you have a better chance of quitting forever. If you've tried before, you are that much closer—try again!

Remember, it is hard to overcome nicotine and change everyday habits. You are more likely to be successful if you use a quit plan. Sometimes, having a quit plan and support from friends and family isn't enough. If you need additional help to quit, talk to your medical provider about trying safe medications.



Quitting Smoking Facts

- Nicotine, an addictive drug, will be **out of your body in 3–5** days after you stop smoking.
- You will start to **breathe easier** in 2–3 weeks.
- Some people report having withdrawal symptoms, others do not.
 Everyone is different.
- Cravings for cigarettes last only 3–5 minutes and occur much less after the first 7–10 days.
- Quitting may be easier if you stay away from people who smoke.

Two Weeks After You Quit

- You will crave cigarettes less.
- Some people experience withdrawal symptoms (explained on page 4).

Three Weeks After You Quit

- You will start to breathe easier.
- You will crave cigarettes even less.
- Your sense of smell and taste will come back.

Possible Withdrawal Symptoms

Many smokers have no withdrawal symptoms. Others have more than one.

These are signs that your body is healing:

Cough

Smoking stops the hair-like cilia in your lungs that sweep out and clean them. Coughing means that cigarette tars are being cleared out of your lungs.

Strong urge to smoke

Your body is withdrawing from nicotine, a highly addictive drug. You also need time to **change habits** and learn to handle situations that make you want to smoke.

Nervousness and Withdrawal from nicotine can cause you to feel nervous tension and tense. This will get better 1–2 weeks after quitting.

Lack of concentration or dizziness

The brain gets **more oxygen** instead of poisonous carbon monoxide gas after you quit. Your brain also releases less adrenalin. These are both healthier for you.

Slight sore throat

Tobacco smoke irritates and numbs the throat. A slight sore throat may be felt as the numbness wears off and the throat heals. Drink lots of fruit juices or water in the first few days to help **flush the nicotine** from your system.

I'm Prepared to Quit. What Now?

Most moms who quit have a plan to help them quit.

You can use the next few pages to make your own plan.

Write down your answers and look at them often . . .

Before You Can Make A Plan

Let's reflect on your current smoking habits by answering the following questions:

Why do you want to quit?



Sample Answers:

I want my baby to be healthy. It's expensive. I don't like the smell.

Where and when do you smoke?

Remember, in addition to being a trigger for smoking, drinking any amount of alcohol during pregnancy can cause birth defects and other serious lifelong conditions.



Sample Answers:

I smoke when I finish eating a meal.
I smoke when I'm hanging out with friends.
I smoke when I'm on the phone.

Where do you experience secondhand smoke?



Sample Answers:

Outside my work.
At the bus stop.
In the casino.

How many cigarettes do you smoke a day?



Keep these answers in mind as you complete your plan.

Your Plan

Having a plan prepares you to deal with the changes and stressful times when you quit.

| STEP 1: Change your habits. | | |
|---|--|--|
| If you smoke when you: | Try doing this: | |
| Drink coffee | Drink hot chocolate or sit in a different chair when you drink your morning coffee. | |
| Finish a meal | Get right up, take a walk, or go to another room. | |
| Take a break | Call a friend, listen to music, play a game on your phone, or take 10 deep breaths to relax. | |
| Are nervous or stressed | Talk with someone, take a walk, exercise, or chew gum. | |
| List daily habits you can change. | | |
| Instead of smoking when I: | I can try doing this: | |
| STEP 2: Use cigarette distraction | S. | |
| For your mouth: Chew sugarless gum Eat apples, oranges, grapes Hold a straw or toothpick Nibble a cinnamon stick Chew nuts (with shells) Eat celery, carrots, cucumbers | For your hands: Hold a pen or pencil Play a game on your phone Draw or doodle Squeeze a rubber ball Play with your kids Knit, sew, or string jewelry beads | |
| List three cigarette substitutes you would li | ike to use: | |
| | Keep these cigarette substitutes in places you smoke to help you | |

in times of stress.

| Smoke one pack a day? Quit and | i you may sa | ave up to \$2 | 2,500 a year! |
|--|--------------|----------------|-----------------------|
| You are going to save a lot of mon What will you and your family do | , | 1 1 | asing cigarettes. |
| TIP: Put the money you don't sp an old coffee can so you can see | _ | | - / |
| STEP 4: Create your supp | , | | |
| Here are some ways to ask your | | • | elp you quit smoking: |
| If I'm stressed, please tell me to Sometimes I might say I want a Will you help me honor this? | 1 | | eally mean it. |
| • | | an I gat a cr | aving? |
| • Can I count on you to help dis | tract me wn | cii i get a ci | avilig. |
| Who supports you? List a few pe | | | |
| Who supports you? List a few pe | | | |

What Do I Do If People Around Me Smoke?

It will be easier to quit if you are around people who don't smoke. Find a stop smoking group or spend time with friends who don't smoke.

If someone offers you a cigarette, you can say:

No thanks! My doctor has told me smoking is bad for my baby.

No thanks, I don't want to start again.

I can't smoke just one— I'm afraid I'll start again.



If someone offers me a cigarette, I can say:



Secondhand Smoke Facts

Secondhand smoke is the smoke that comes from the burning end of a cigarette, pipe, or cigar, and the smoke that is puffed out by smokers.

- It affects the health of others around you.
- Secondhand smoke affects developing babies—even when mothers do not smoke.
- It increases the risk of SIDS.

Thirdhand Smoke Facts

Thirdhand smoke is made up of the small particles and gases (nicotine) given off by cigarette smoke.

- Ninety percent of these small particles and nicotine stick to floors, walls, clothing, carpeting, furniture, and skin.
- Nursing babies, crawling babies, toddlers, and older children may get these particles on their hands and then put them in their mouths.
- Babies may absorb thirdhand smoke through their skin or by breathing it.

If you need additional help to quit, talk to your medical provider about trying safe medications.

Any chemicals you take during pregnancy can put your child at risk.

- **E-cigarettes** have some of the same negative health impacts as traditional cigarettes for developing fetuses and infants.
- Babies exposed to medical or recreational **marijuana** can have problems with feeding and may have delayed mental and physical development.
- There is no safe level of **nicotine** for pregnant or breastfeeding women; hookah, smokeless tobacco, patches, and gum contain nicotine.
- **Herbal remedies** are untested and not shown to be safe during pregnancy or an effective way to quit smoking.

After Your Baby Is Born

By not smoking, you help your baby breathe better and grow better.

When you are smoke free, your baby will have:

- Fewer coughs and colds.
- Fewer ear infections and may have less ear pain.
- Better lung development.
- Less risk of asthma triggered by secondhand smoke.
- A better start for healthier brain development.
- Less risk of dying from SIDS.

When you are a non-smoker, you set a better example for your children. They will be less likely to start smoking as teenagers.

If You Start Again

Don't feel bad—you can try again!

Think about what caused you to start. Ask for support from the people you listed on page 7 of this workbook. Keep their numbers with you, so you can call when you need support.

For additional support, you can also call:

Washington State Tobacco Quitline

1-800-QUIT-NOW (1-800-784-8669)

Talk to a trained counselor 24 hours a day, seven days a week. English, Spanish, and other languages available.

Family Health Hotline

1-800-322-2588

Find a support group or stop-smoking class in your area.

State Alcohol and Drug Help Line

1-866-789-1511

If you need help abstaining from drinking alcohol or illicit drugs.

Online

For additional information and resources: http://women.smokefree.gov/pregnancy-motherhood.aspx

You fail ONLY when you stop trying. Try again.



My Quitting Checklist



| Ш | Make your quit smoking plan. |
|---|--|
| | Set a quit date. |
| | Call the Washington State Quiteline (1-800-QUIT-NOW). |
| | Throw out all cigarettes, lighters, and ashtrays. |
| | Put cigarette substitutes where you kept your cigarettes. |
| | List the names and phone numbers of people who will support you. |
| | Tell friends and family how they can help. |
| | Go over your reasons for quitting. |
| | Ouit on your quit date. |

Cut this out along the dotted line.

Put it in a visible place so it can help you stay quit!





This workbook has been adapted with permission from the North Carolina Healthy Start Foundation. It is based on *If You Smoke and Are Pregnant*, a publication distributed by the North Carolina Division of Public Health, which was written by an ex-smoker and mother of two with input from tobacco prevention experts.

This work supports the Washington State Plan for Healthy Communities.

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711).



